



WEEK 2

5 A DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH 1	Macaroni cheese served with crusty bread & salad	Beef lasagne served with home baked garlic bread & salad	Southern fried Quorn burger served with herby diced potatoes and sweetcorn	Roast gammon dinner served with mash/roast, cauliflower cheese & Yorkshire pudding	Fish fingers served with chunky chips
MAIN DISH 2	Spicy biryani served with mint yoghurt & pitta bread	Keema korma served with rice & naan	Hotdog served with herby diced potatoes & beans	Creamy chicken & vegetable pie served with baby potatoes & vegetables	Homemade margarita pizza served with chunky chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Beans Curry gravy
DESSERTS	Home baked marble cake & custard	Chocolate cornflake cake	Home baked flapjack	Various flavoured jelly pots	Artic roll Or Tub of ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



MENU



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE